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**MASTER DEGREE OF HIGH PERFORMANCE SPORT**

**INTERNSHIP REPORT: AS AN INTERN-FOOTBALL COACH  
IN PORTIMONENSE SPORTING CLUB UNDER-17 TEAM  
FOR SEASON 2015-1016**

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Sporting Club Under-17 Team For Season 2015-1016**



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## **Abbreviations**

**PSC** - Portimonense Sporting Clube

**UEFA** – Union of European Football Associations

**FIFA** - Fédération Internationale de Football Association

**AFA** - Associação de Futebol do Algarve

**FPF** – Federação Portuguesa de Futebol

**P** - Player

**C** - Coach

**G** or **GK**- Goal-keeper

**DL** - Defence Left

**DC** - Defence Centre

**DR** - Defence Right

**DM** - Defensive Midfielder

**MC** - Midfielder Centre

**AM** - Attacking Midfielder

**FL** - Forward Left

**FR** - Forward Right

**ST** - Striker





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## INTRODUCTION

Traineeship is an activity that contributes pair to complement the teaching and learning. Aims to apply knowledge and skills acquired by students during the course, in this particular case, the Masters in High Performance Training. The stage represents a decisive role in vocational training. This is the opportunity to think, learn and grow in the professional field that was chosen as a project of life.

My choice for carrying out the experience was due to the fact that I never had any experience in the field. Portugal is culturally different country from mine, but it shares the same enthusiasm for football, this option still made more sense, because I could experience a different league.

This report aims to understand and integrate the content developed during the course, managing to apply them in a practical way, in the team.

We tried to implement the learning and new taxonomies assimilated in Sports Training Master course, trying to operationalize them in the team where they developed the practice in the sports season 2015/2016. It is also presented in this report adopted the desired game model.

The aim of this work to counter the existing prejudice by some that football coaches with academic training are only good assistant coaches or trainers. However it is to emphasize that the practice associated with the experience takes on factors that determine the success and performance of a coach.

In this report characterized the club and their working conditions; It held a conceptual, strategic planning and tactics on how to train; an analysis of the multiple dimensions of tasks that the coach can accomplish in a football club. To conclude, it produced a critical analysis of the work done and noting the positive and negative aspects that have occurred during the season.

My stage began on September 3, 2015 and ended on May 30, 2016, a total of 8 months.

During all this time, I performed various duties as assistant coach, scout, analyst and video editor. This process was accompanied by coach José Teixeira Antunes.

The venue for the stage was Portimonense Sporting Club in the under-17 team (Youth A) in the district championship Algarve. I chose this club because it gave me the opportunity to learn from an experienced coach in a team with a great track record, not only in the Algarve region, but throughout the country. I was welcomed in an exemplary manner and without any fears for being a foreign student.

## **Key challenges**

There were many challenges encountered and overcome during this time. The language was the main obstacle, because although many people in Portugal speak English, the limitations are obvious. What led me to learn Portuguese and despite having some difficulties, I notice improvements since I started the stage until the present day.

Another challenge was having to work with teenagers, who as everyone knows is not easy. They are easily distracted and it's hard to give them a message when they think they do know how to do things. Emotions often led to better and it was not easy to calm them and make them realize the situation, but because of this a great connection was established between us, which proved very positive in the end.



## I. PORTIMONENSE SC

### Historical Background of the Club

In the early twentieth century, the first soccer matches at the Algarve took place in Lagos, but took part in them only foreigners (crews of British ships in transit), all pointing to Portimão has been the scene of fighting debut among local residents.

The first games were played at the pier of the embankment, then a small shoe store became a meeting point between the lovers of the sport and the founders of the club. The store functioned as headquarters for some objects were kept, necessary to the sport. Their equipment, as well as other costs, including those associated with travel to neighboring towns, made usually in private cars and some train times. In football, the sweater striped in black and white, collar and black handle, club emblem, white shorts and black socks with black and white cannon.

The badge is clearly referenced: an eagle on a shield, representing the colors of the club, with the initials PSC to center, intertwined. In this regard, the explanations found for the fact that a community that has the name Sporting have an eagle on its symbol are reduced to something very simple: please Greeks and Trojans...

For more than a decade Portimonense SC lived, it can be said, in the "underground" and only a year later, in 1925 the first statutes were approved by the Civil Governor of Faro.

In 1937's first champion of the Algarve. From there begins to play in the stadium we all know, the Stadium Portimonense SC recently become Estádio Municipal de Portimão.

To the 60 canning and fishing activities afforded significant support to Portimonense SC, but with the gradual entry into decay of the main activity of the region, Portimonense SC lived a period of great financial difficulties, which led the club to lose the field sold to pay off debts.

The 70s marks a new breath of Portimonense SC. The growing importance of two economic activities - tourism and construction - which brought prosperity to the Algarve and the municipality of Portimão have resulted in the revival of Portimonense SC, which increased its competitive ambitions, reaching the Division I. thus-lived glory of times in the late 70s and throughout the season to 80.

Participation in the UEFA Cup, fifth in Division I, Division II national title and several triumphs in Honor Cup AF Algarve, the alvi-black presented themselves as the main sporting reference of the south.

Since then, the club found itself in oscillations between the secondary level (the current Second Professional League) and the Second Division B.

Portimão was the launching pad for many coaches like Artur Jorge, Manuel José, Vitor Oliveira and Manuel Cajuda and several players like Rui Águas who lived glory years in SL Benfica and FC Porto.

Since then, the Portimonense SC already been three times to the end of the door glass of Portugal, but never managed to get to Jamor. In 2001, with the ascent to the Liga Vitalis, Portimonense SC finally reaches a certain stability, which allowed him to reach the promised promotion to the Premier League on 8 May 2010. The major milestone in youth football was in season 2010/11 , Portimonense SC were crowned National Junior 2nd Division Champion a, the first Algarve club to achieve this historic achievement (Alves, 2003).

## **Objectives of Under-17 Team**

At the start of the season, the main goal was to be promoted to the national division, as the club intends to place all youth football teams from eleven to compete for their national championships and either initiates or junior already play at national level.

Also part of the intentions of the club players are to enhance the professional football team, which acts in the Second Portuguese Professional Football League and other major clubs.

## II. REGULATION UNDER-17 MATCHES

The District Youth Championships "B" - (Juvenis) Football season of 2015/2016 is contested by 12 teams in two phases, as then indicated.

NOTE - apply to all games of this league rules Eleven Football, with the exception of replacement regime that this test has a maximum of seven. In the second part of each game they are allowed only two game stops every team.

### 1<sup>st</sup> Phase

1 - The 1<sup>st</sup> phase will be played in a series consisting of 12 clubs, and play up the poule system, by points, in two rounds;

### 2<sup>nd</sup> Phase

2.1 - Pass the 2<sup>nd</sup> Phase - Finals of title dispute, the teams classified in first 6 places in the series; the remaining teams will be grouped in the Maintenance Phase, and will compete in the following places in the general classification of the District Championship Junior "B" (Juvenis) Football.

2.2 - Whether Finals of title dispute, either the Maintenance Phase, will be played in poule system, by points, in two rounds, with full maintenance of the score in the 1st Phase of the District Championship Junior "B" (Juvenis) of football.

2.3 - The 1st in the Final Phase of title dispute, will be the District Champion Junior "B" (Youth) and ascend to the National Junior Championships "B" next season.

2.4 - The Rules of Evidence Football Officials of A.F.Algarve, will regulate all matters not provided for in specific Regulations.

In competitions played by points, will be adopted, the following table:

Victory .....	3 points
Draw .....	1 point
Defeat .....	0 points

In the tests played by points, the overall rating of the club, from the 1<sup>st</sup>, will be sorted in descending order of the total achieved score, the highest scoring club will be the 1<sup>st</sup> place, which follow him 2<sup>nd</sup> and so on up the last, a place that will be

occupied by the club that has obtained lower scores, respecting for any tie-breaker criteria.

The general classification of the clubs at the end of the tests to compete for points to meet with the same total score depends to tie effect, the provisions set out in the following paragraphs in descending order of the following criteria:

a) Stay Top rated team that has achieved the most points in the game or games that the tied teams perform together.

b) Stay Best rated the team that has the greater difference between goals scored and goals conceded in the games that the tied teams held each other.

c) Stay with the highest classification and the team that has the greater difference between goals scored and goals conceded in games played throughout the competition.

d) Stay best classified team that has the largest number of victories throughout the test.

e) Stay best classified team that has obtained more goals throughout the test.

f) Stay best classified team that has suffered fewer goals in the whole race.

If after the successive application of the criteria in the previous paragraph still exist equal footing, will be observed the following process tiebreaker:

a) In the case of only two teams: one playoff game on neutral ground. If at the end of regulation time it holds the tie, and the specific rules of the competition nothing establish otherwise, following shall be an extension of the same duration as set for the category in the sole paragraph of this point, divided into two half equal times without break, but changing field halfway through,

After the extension, remains equal, will be determining the winner by running kicks from the penalty mark the system officially in force;

A duration of the planned extensions in this or in any other point of this Regulation are category to category and regardless of gender, the following:

Senior, Junior A (Juniors) and Junior B (Juvenis): 30 minutes. Juniors C (Iniciados) and Junior D (Infantis) - 20 minutes.

Juniors E (Benjamins) - 10 minutes

b) - In the case of more than two teams: competition for points in a single round, on neutral ground; at the end of it remains a tie situation will be referred to tie.

The evidence for qualifiers consist of successive stages, and at each stage the teams are gathered in 2 clubs groups, passing to the following stage the winning club in each group, and eliminated the loser, until only remaining after two clubs that compete with each other to end competition;

a) every phase or round will be played, whichever is provided in Specific Regulation of the competition in one or both hands;

b) in a qualifying hand winner will be the team to win the game.

c) in two-legged winner will be the team that in total of both hands, has obtained more goals. (Regulamento de Provas Oficiais Futebol da AF Algarve, 2016).

## CALENDAR OF OFFICIAL EVENTS

The Association shall establish each year the Official Testing Calendar AFA for the time with the exception of the same may be amended in accordance with that feature in this Regulation and it will give public knowledge, through Communiqué, until July 31.

The draws for the preparation of the test program will be held on a date to mark the AFA, the headquarters of this or location indicated by it, can watch the same delegates of the clubs and the media, for what will be forewarned.

The games of this test will last 80 minutes, divided into two parts of 40 minutes each, separated by an interval of ten minutes;

The games of this test will, in principle, played on Sunday morning, in time to designate in Communiqué by the AFA.

When club ranked 1st place will be awarded the title of District Champion of Youth (Juvenis). (Regulamento de Provas Oficiais Futebol da AF Algarve, 2016).

### III. TRAININGS

Training has been defined in various ways. This is the one of the definition: Training is characterized as an instructor-led, content based intervention leading to desired changes in behavior. (Martyn, 2005)

Periodization is the methodical planning and structuring of training process that involve a logical and systematic sequencing of multiple training variables (intensity, volume, frequency, recovery period and exercises) in an integrative fashion aimed to optimize specific performance outcomes at predetermined time points. (Naclerio et al., 2013)

Portimonense SC Under-17 Team's all official matches scheduled in Sundays of the weeks. So it helps to organize training in certain days. Otherwise different days for matches bring different training days for each week.

**Trainings days and hours:** Monday, Tuesday, Wednesday and Thursday between at 20:30 until at 22:00.

**Resting days:** Monday and Saturday

**Match day:** Sunday

Table below shows days for weekly training plan includes training activities that mostly used during the season.

**Table 1** - General Micro Cycle (Weekly) Training Plan of Portimonense SC Under-17 Team during season 2015-2016.

**Note:** This table just includes most used trainings during season but not all of them.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>REST</b>	Warm-up Stretching Strength Training or Plyometric Exercises Tactic (Positions, Crosses, Changing direction of the attack, etc.) Shooting Stretching on the ground	Warm-up Stretching High Intensity Interval Training Possession Ball Training Passing (short, long, head pass, etc.) Technique (dribbling, control of the ball, etc.) Or Match against Under-16 or Under-19 (full pitch) Or match into team (half of the pitch) Stretching on the ground	Warm-up Stretching Match into team (half of the pitch) Stretching on the ground	Warm-up Stretching Velocity training Corner Free kick Throw-in Penalty Shooting Stretching on the ground	<b>REST</b>	<b>MATCH</b>

## TUESDAY

### Stretching

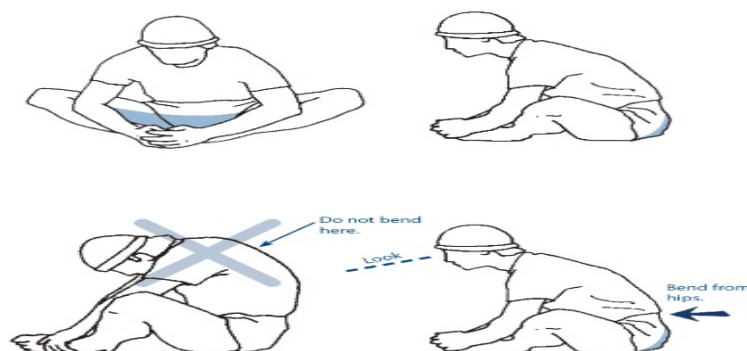
The intended purposes of stretching before an athletic event are: (1) to ensure that the individual has sufficient range of motion in his or her joints to perform the athletic activity optimally and (2) to decrease muscle stiffness or increase muscle compliance thereby theoretically decreasing injury risk.

The stretching it is the important link between the sedentary life and the active life. It keeps the muscle supple, prepares you for movement, and helps you make the daily transition from inactivity to vigorous activity without undue strain. It is especially important if you run, cycle, play tennis or engage in other strenuous exercises, because activities like these promote tightness and inflexibility. Stretching before and after you work out will keep you flexible and may prevent common injuries such as knee problems from running and sore shoulders or elbows from tennis.

Here I described some stretching exercises that we did during the season.

*Sitting Groin Stretch (fig.1 – fig.3):* Sit on floor. Clasp the soles of feet together with hands as shown. Gently lean forward from the hips until feel an easy stretch in groin. Contract abdominal muscles mildly as go into stretch. Hold an easy stretch for 5-15 seconds. If possible, without strain, keep the elbows on the outside of lower legs. This will give stability and balance.

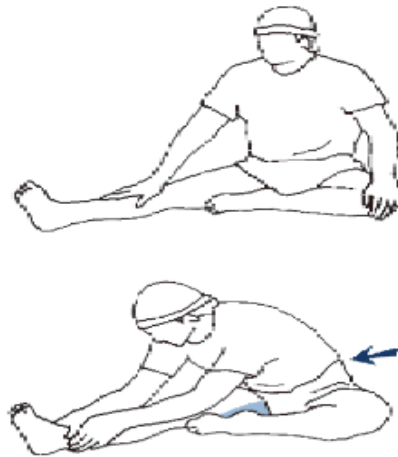
Do not bend forward from head and shoulders. This rounds the shoulders and puts pressure on lower back. Concentrate on making the initial move forward from the hips. Keep lower back flat. Look out in front.



**Figure 1 - Sitting Groin Stretch**



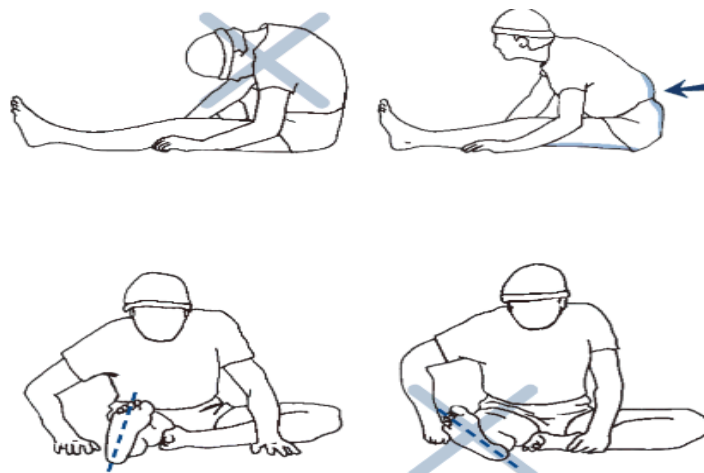
Straighten the right leg and keep the left leg bent. The sole of the left foot should be facing the inside of the right upper leg. To stretch the hamstrings and left side of the lower back, bend forward from the hips as exhale until feel a very slight stretch. Hold 5-15 seconds. Breathe slowly and rhythmically.



**Figure 2 - Sitting Groin Stretch**

Don't make the initial movement with head and shoulders. Don't try to touch forehead to the knee. Do initiate the stretch from the hips. Keep the chin in a neutral position. Keep shoulders and arms relaxed.

Be sure the foot of the leg being stretched is upright, with the ankle and toes relaxed. Do not let the leg turn to the outside because this causes misalignment of the leg and hip.



**Figure 3 - Sitting Groin Stretch**

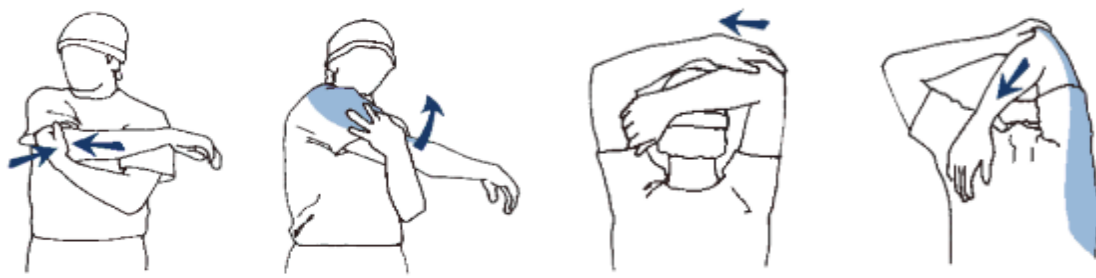
Stretch for shoulders and arms (fig.4 – fig.9): These are many stretches that can reduce tension and increase flexibility in the upper body. Most of the sitting or standing stretches can be done anywhere.

With arms extended overhead and palms together as drawing shows (fig.4), stretch the arms upward and slightly backward. Breathe in as stretch upward.



**Figure 4** - Stretch for shoulders and arms

To stretch the shoulder and the middle of upper back, gently pull the elbow across the chest toward opposite shoulder. Hold for 10 seconds.



**Figure 5** - Stretch for shoulders and arms

Start in a standing position with the knees slightly bent gently pulls the elbow behind the head as bend from the hips to the side. Hold an easy stretch for 10 seconds. It is necessary do both sides. Do not hold your breath.



**Figure 6** - Stretch for shoulders and arms

**Should Shrug:** First, raise the top of shoulders toward the ears until feel a slight tension in the neck and shoulders. Hold for 5 seconds and then relax shoulders downward.



**Figure 7** - Should Shrug

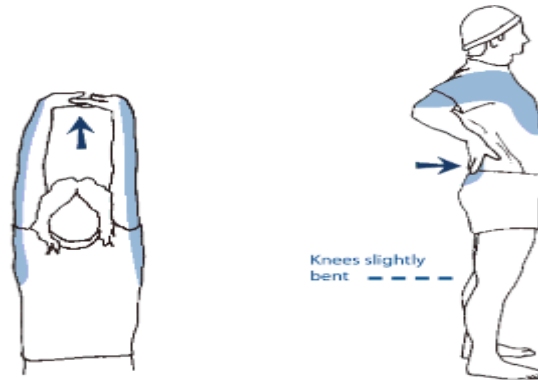
Then gently lower the right shoulder downward as lean the head, with the ear toward the left shoulder. Hold on 5 seconds and repeat on the other side.



**Figure 8** - Should Shrug

Interlace the fingers above the head and with the palms facing upward, push the arms slightly back and up. This stretch is good to do anywhere, anytime and is excellent for slumping shoulders.

Standing with the knees slightly bent, place the palms on the lower back just above the hips, fingers pointing downward. Gently push the palms forward to create an extension in the lower back.



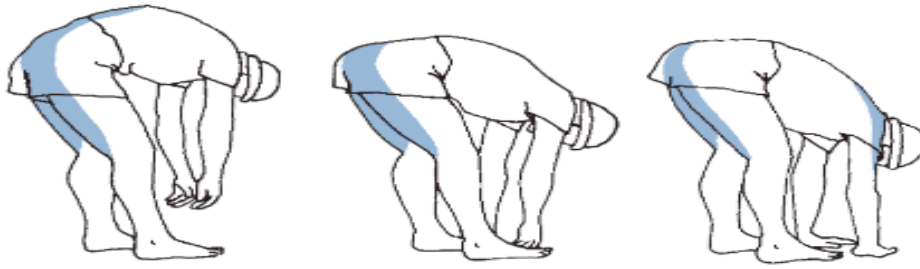
**Figure 9 - Should Shrug**

Stretch for hip flexibility (fig.10 and 11): with the front knee directly above the ankle, shift the weight up onto the toes and the ball of back foot. Do both legs. This stretches the groin, hamstrings, and hip, and possibility behind the knee of the back leg. Another variation is to change the stretch by gently lowering upper body to the inside of the knee of forward leg.



**Figure 10 - Stretch for hip flexibility**

Stretches for the lower back, hips, groin and hamstrings: In a standing position with the feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep the knees slightly bent during the stretch so the lower back is not stressed. Let the neck and arms relax. Go to the point where feels a slight stretch, in the back of the legs.



**Figure 11** - Stretch for hip flexibility

Stretching lying down (fig.12 – fig.16): Begin by lying down, then lean forward to hold onto the outside of the ankle with one hand, with the other hand and forearm around bent knee. Gently pull your leg as one unit toward the chest until feel an easy stretch in the butt and upper hamstring.

Doing the stretch in a lying position will increase the stretch in the hamstrings, for people who are relatively flexible in this area.



**Figure 12** - Stretching lying down

Bend the left knee at 90°, with right hand, pull that bent leg up and over other leg as show down. Turn the head to look toward the hand of the left arm that is straight out from the shoulder. Using the right hand on the left thigh pull bent (left) leg down toward the floor until get a mild stretch feeling in lower back and side of hip. Relax the feet and ankles and keep the back of shoulders flat on the floor.



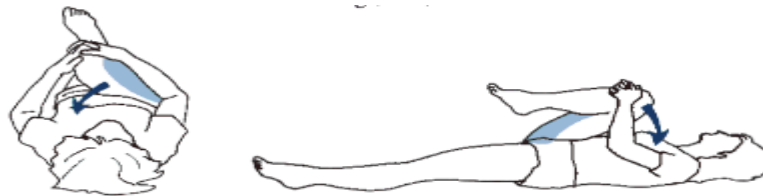
**Figure 13** - Stretching lying down

From a lying position, gently pull the right knee toward the outside of the right shoulder. The hands should be placed on the back of the leg, just above the knee.



**Figure 14** - Stretching lying down

Pull the knee to the chest, then pull the knee and leg across the body toward to opposite shoulder to create a stretch on the outside right hip.



**Figure 15** - Stretching lying down

Bring the knees together and the rest your feet on the floor. Interlace the fingers behind the head with the arms on the floor. Lift the left leg over the right leg and use the left leg to pull the right leg toward the floor until feel a good stretch along the side of the hip or in the lower back. Relax and repeat the stretch for the other side. (Anderson et al., 2000)



**Figure 16** - Stretching lying down

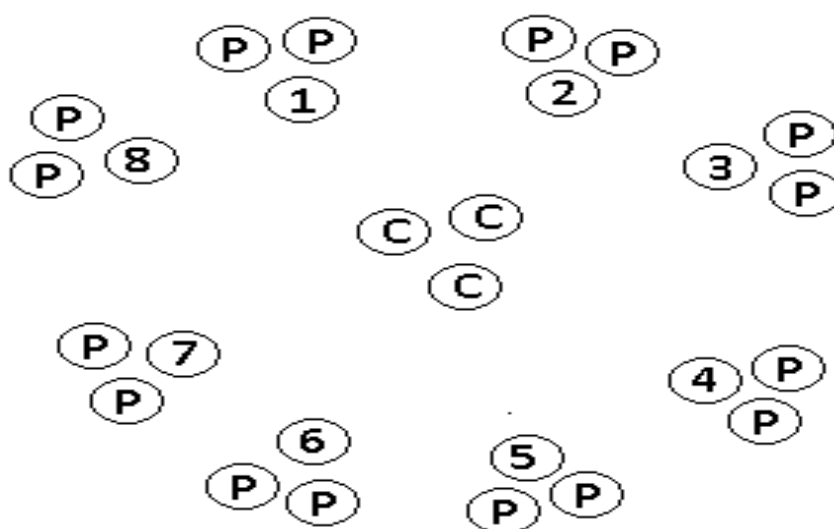
After players finish warm-up and stretching, they rehydrate themselves and get ready for strength training.

## Strength Training

Strength Training realized in control of fitness coach. Fitness coach was joining the team trainings only in Tuesdays. He was also responsible from other age groups' strength trainings.

The direct supervision of a strength and conditioning specialist during strength and conditioning sessions for soccer players, since it has been shown that it is effective in development the physical performance of players (Enoksen et al., 2013).

Let's say we have 16 players; they are divided in 8 groups and each has two players. One player from each group performs an exercise and other one rests until mate's exercise finishes.



**Figure 17** - Strength Training Formation, on the right, shows formation of the players and coaches. Players' formation is circle. Coaches stay centre of the circle and explain how to do the exercise and correct players during the exercises. of the circle and explain how to do the exercise and correct players during the exercises.

That system used almost in all strength trainings.

P: Player, C: Coach and every number represent one of the exercises.

Aspects of the training:

- Every player does each exercise only once and pass to other one. Until all exercises finish it continue like that.
- Each exercise lasts 30 seconds for each player. While one is doing exercise other rests 30 seconds. Total time of the exercises depend on the quantity of the players and exercises.

- Goalkeepers sometimes can join the strength exercise or stay with goalkeeper coach. Fitness coach and first coach decide it.
- After training players do jogging which lasts around 2 minutes.
- Players should do exercise as fastest as they can

### Example Exercises from a Strength Training

- 1- **Squat jumps holding medicine ball:** Standing and holding a medicine ball (5 kg) over the head with both hands, feet have distance between them like shoulders. Player lowers his body until his quadriceps are parallel to the floor. Then he pushes his body and jumps with medicine ball.
- 2- **Push-up and jump:** Player gets in a push-up position and does one, then stands-up and jumps.
- 3- **Resistance band exercise:** Standing, holding a resistance band in either hand. Both feet of the player on the middle of the band, feet have distance between them like shoulders. Then player push resistance band up with either hand from his either side.
- 4- **Swiss ball push-ups:** Its difference between normal push-ups is feet placed on the swiss ball. It makes harder to keep in balance.
- 5- **Hip flexors exercise:** First right knee on the ground, left one 90 degree to the floor. Then rapidly knees exchange their positions.
- 6- **Swiss ball pull-in:** Push-up position, feet on the swiss ball. Ball pull-in and push-out by feet.
- 7- **Push-up position pull-in knees:** Regular push-up position, one by one knees pull-in and get in old positions rapidly.
- 8- **Bosu ball exercise:** Player stand on the bosu ball with one foot during 30 seconds.

### Plyometric Exercises

A Plyometric exercise is an exercise in which the athlete utilizes the force of gravity to store energy within the muscular framework of the body (Chu, 1984).

Exercises:

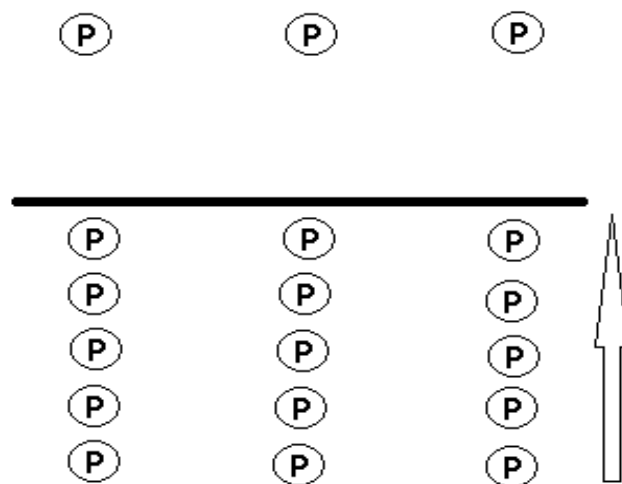
- 1- Double Leg Vertical Jump



- 2- Single Leg Vertical Jump
- 3- Double Leg Jump Forward
- 4- Single Leg Jump Forward
- 5- Double Leg Jump Backward
- 6- Single Leg Jump Backward
- 7- Lateral Jump
- 8- Single Leg Zigzag Jump

This training is used rarely alternative to strength training when fitness coach was unavailable.

Players divided in 3 groups. They get formation back to back. One player from each group comes to line to start the exercise. When a player finishes the exercise returns end of his group. Every player does jumping four times per exercise.



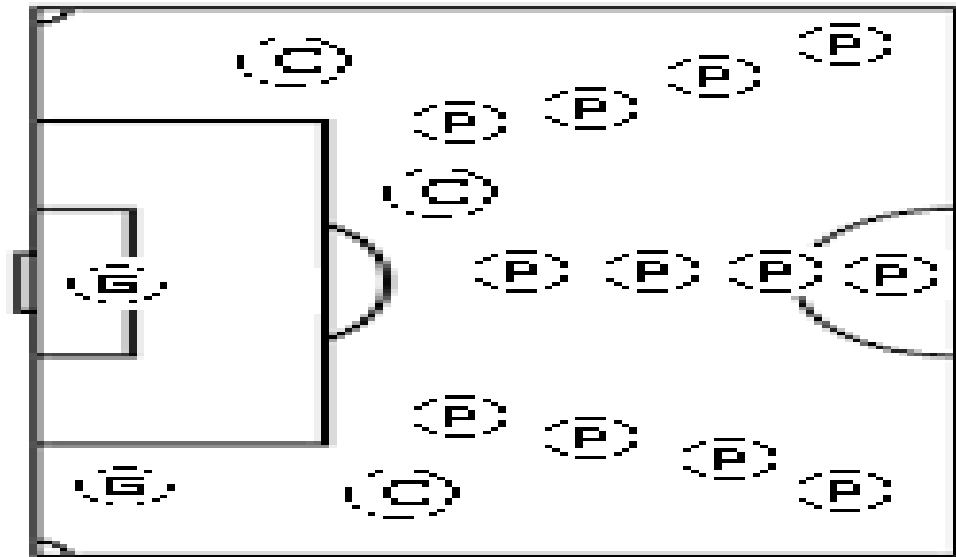
**Figure 18** - Pylometric exercises scheme

## **Shooting**

Shooting is a kicking way of the ball due to score into the opponent goal. We have used various shooting trainings, here is the one:

Players divided in 3 groups and takes positions outside of the penalty area. One group stays front of the penalty with 90°. Other two groups get place in right and left corner sides of the penalty area. One of the goalkeeper try to defend one shoot from each group and change his position with other goalkeeper and rest until his turn comes. Shooting starts from left corner group of the penalty area and in order to

continue middle and to right side. When each player takes six shoots, then they change positions with other groups. Every player takes six shoots in per place so totally one player gets sixteen shoot in total. Every player runs after ball after shoot. Coaches stay in various positions to control and correct players.



**Figure 19 - Shooting scheme**

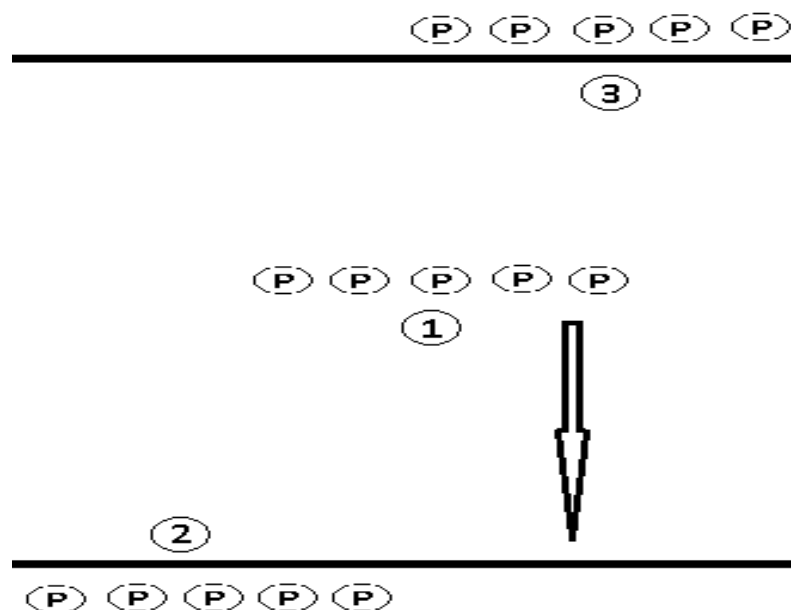
## WEDNESDAY

### High Intensity Interval Training

High intensity interval training is characterized by repeated sessions of relatively brief, intermittent exercise, often performed with an “all out” effort or at an intensity close that which elicits peak oxygen uptake. (Gibala, 2007)

Players divided in 3 groups. Group 1 and 3 stay one side of the field, behind the line, group 2 stay other side of the field, behind the line. Distance between lines decided by first coach each week and it can be from 30 to 50 m. Training performs with high level of oxygen uptake (90% or more).

Group 1 start to run other side of the field. When they arrive behind the line, group number 2 starts to run to the other side. This continues as cycle until each group performs ten runs each. During one group running, other two groups rest until their turn.



**Figure 20** - High Intensity training

## Possession of the Ball Training

Possession of the ball is the amount of time that a team holds the ball during the match.

Players divided in three groups and area divided in three zones. Zones number one and three can be 25 x 25m. Zone number two can be 5 x 25m. Length and Width of the zones depend on quantity of the players and choice of first coach. For example: Yellow team starts in zone number one, red team in zone two and blue team zone three. Firstly, yellow team starts to passing ball between each other. Three players of red team need to tackle the ball until yellow team reach total ten passes. If yellow team completes ten passes then they can pass the ball to blue team. Two of the players from red team don't try to tackle but try to cut passes that send by yellow team to blue team. If red team gets the ball, all five players start to occupy zone one and two players of yellow team pass to zone two, other three try to tackle the ball from red team. If red team cannot get the ball three players of them enter zone three to tackle the ball from blue team. This rotation continues like that.

Every three minutes all players stop. They rest 1 minute with various stretching exercises. Coaches control and correct players from outside of the training zones.

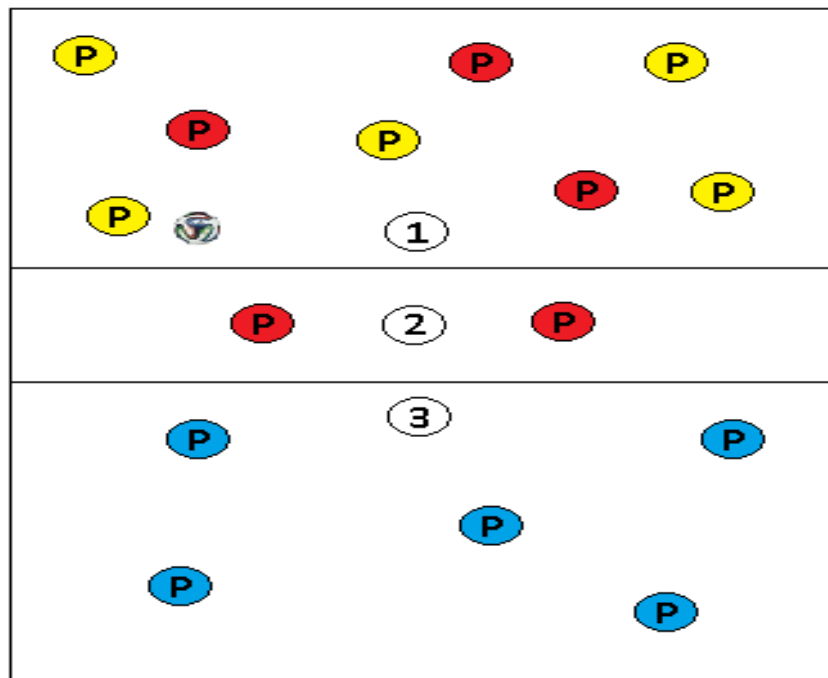


Figure 21 - Possession ball drill

## Passing

Pass is the ball's movement between teammates in football. We can categorize passes by distance; short, medium and long. For example; draw on the right shows distances during training. Short pass distance between green lines is around 5 m, blue lines 15 m and black lines 30 or more. Training start with short passes and finish with long passes. Every two players who look each other faces use only one ball. Every pass exercise lasts around two or three minutes.

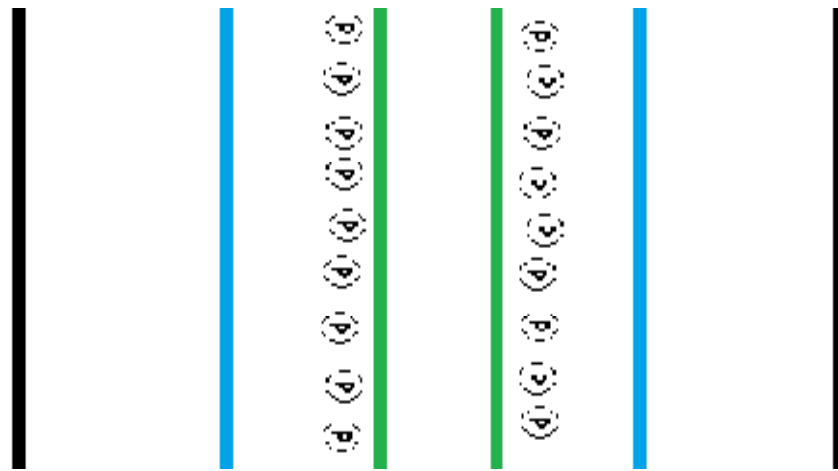


Figure 22 - Passing drill

Most used passing trainings during season:

- **Short passes**

- 1- Ground pass: Pass should be send by ground. Players get position behind the green lines and faces look each other.
  - a- Pass receives by left food and send back with right, two touches required.
  - b- Pass receives by right food and send back with left, two touches required.
  - c- Pass by right foot only, one touch required.
  - d- Pass by left foot only, one touch required.
- 2- Head pass: Head pass between two players, one touch required.
- 3- Air pass: passes realized ball on air without touching the ground. Players can use head, knee, foot, etc. for passing. Touches maximum three times on the air.

- **Medium passes**

- 1- Ground pass: Same process as short passes.
- 2- Head pass: One player send pass from air and other one sends it back by head pass. After three passes players change the role.
- 3- Air pass: Received pass stops on the ground by player and sends back on air.

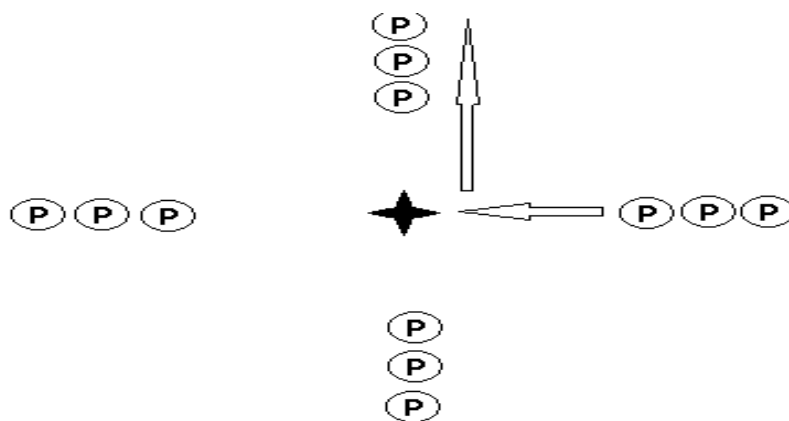
- **Long passes**

- 1- Ground pass: Same process as short passes.
- 2- Head pass: Rarely used in long passes trainings.
- 3- Air pass: Same process like as medium passes.

## Technique Training

Technique can be defined as skill in a particular activity. Technique training's aim is to improve player's skill in specific movement such as; dribbling, shooting, passing, etc.

We may use passing, shooting or many other training in this category. But we are already giving a good amount of time for these activities separately. We will show some technique trainings that realized together during the season: Dribbling, control of the ball.



**Figure 23** - Technique Training

- **Dribbling:** Dribbling is maneuvering ball, giving it direction by player without losing it to opponent. Here are some of trainings:
  - 1- Dribble with only right foot
  - 2- Dribble only with left foot
  - 3- Dribble with both feet
  - 4- Dribble backward with right foot
  - 5- Dribble backward with left foot
  - 6- Dribble backward with both feet
  - 7- Pass both feet one by one over the ball during dribble
  - 8- Zigzag dribbling

Black star in the middle symbolize obstacle. Players divided in four groups and get placed in around the obstacle as in figure on the right. Every player from each group who is in the front of the group use ball to dribble until obstacle, then turns right and goes to end of the group on the right side. This training goes like circle until it ends.

- **Control of the ball:** This training's aim is improve control of the ball fastest and safest possible.
  - 1- ,Juggle the ball: Players use one ball each, and try to bounce ball on the air without ball touching the ground. Many body parts can be used for this training at the same time or separately in the exercise: Head, knee, foot, shoulder, etc.
  - 2- Pass control: two players with one ball with distance 5 to 10 m. between them. One of them pass the ball to other one by ground or air. Receiver duty is control the ball fastest possible. Receiver can control the ball with head, chest, foot, etc. After 3 minutes players change the roles.

**Matches Against Under-16 or Under 19 Teams of Portimonense SC**

Sometimes, when teams are available, coaches from different age group teams arrange match into club teams. This is good opportunity for players preparation to next official match. They regularly play into team but playing against another age group is different kind of challenge for them. They want to show that they are better than other age groups in the club.

Full pitch used and played 11 x 11. No limit for substitutions. Totally, match lasts 60 minutes (30 + 30 min). Break is around 5 - 10 minutes. Before the match, players' warm-up and stretching last 15 - 20 minutes. After the match, stretching is on the ground and around 5 minutes.



## THURSDAY

### Match Into Team (Half of The Pitch)

Thursday was the match day for the team preparation tactically for next match. Match realized in the half of the pitch. Because there is another age group having training also at the same time other side of the pitch. There were some habits that I see during that day of training:

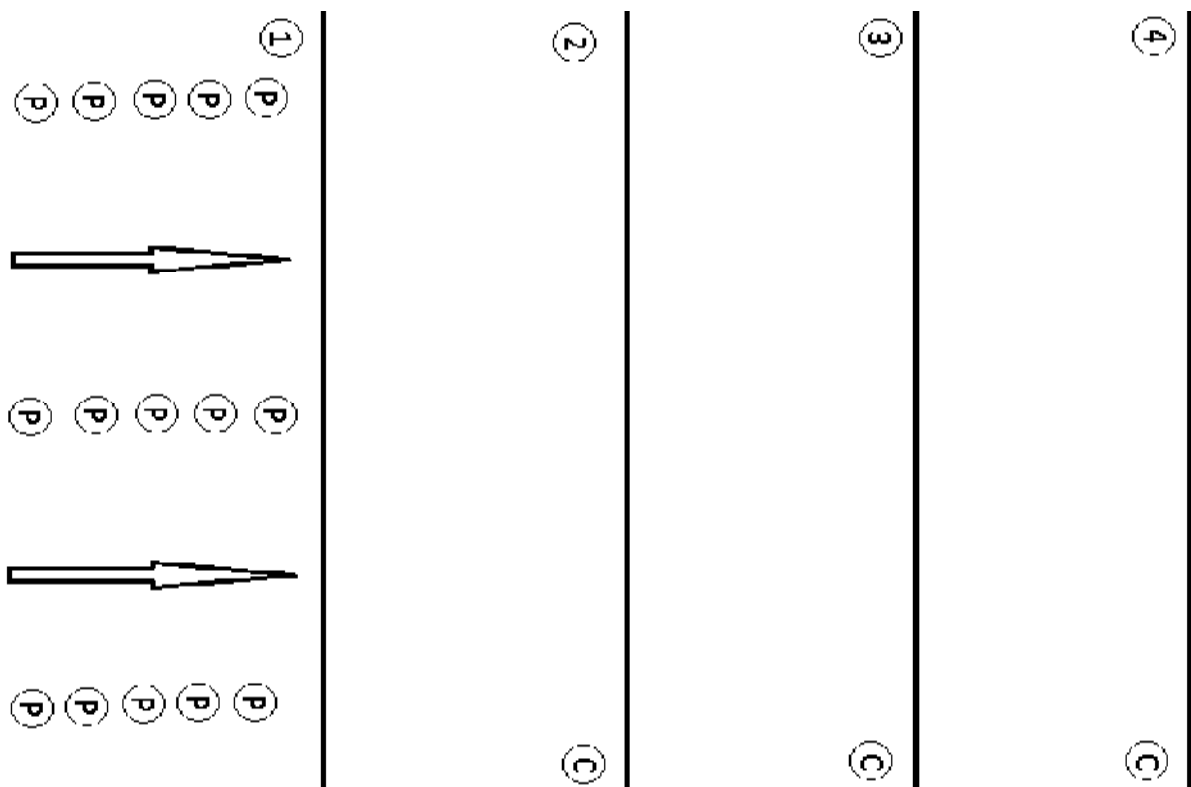
- Match last total 60 minutes (30 minutes first + 30 minutes second half) maximum.
- Always, standard goals used. There are also smaller goals but first coach used standard goals every time.
- Estimated first eleven players of the next match played against bench players.
- Number of players generally weren't enough to play eleven against eleven due to injuries, missing players, etc.
- First coach stops the game if players doesn't follow the tactic. He doesn't wait for half time or end of the match to warn players.
- First coach is referee at the same time and if it's necessary he can ask his assistant coaches for some positions that he is not sure.
- Hard tackles are permitted and many times game doesn't stop cause of fouls and it continue like none of them was fouls.

## FRIDAY

Friday's main training was velocity training and corner, free kick, throw-in and penalty trainings follow it. In that part only velocity training will be explained, rest of them will be explained in the tactical part.

### Velocity training

Speed of movement is fundamental to the outcome of the many human actions. A variety of techniques can be implemented in order to maximize movement speed depending on the goal of the movement, constraints, and the time available. (Jessop & Pain, 2016)



**Figure 24** -Velocity Training

Players divided in three groups. There are totally four lines. Distance between lines is 5 meter. They get position behind of the line number 1. One player from each group step on the line to compete. Aim is the finish race in shortest time as possible.

Coaches take position in each line to check which player finish first. Each player take position end of his group after perform run. Running perform finish when player step on the finish line.

- 1-) 5 meter run (from 1. line to 2. line)
- 2-) 10 meter run (from 1. line to 3. line)
- 3-) 15 meter run (from 1. line to 4. line)
- 4-) 5 meter run forward, turn and run back (from 1. line to 2. and back to 1.)
- 5-) 10 meter run forward, turn and run back (from 1. line to 3. and back to 1.)
- 6-) 15 meter run forward, turn and run back (from 1. line to 4. and back to 1.)

### **Monday and Saturday (Resting Days)**

These days are the before and after match day. Aim of set these days as a resting days: Saturday get ready totally for 80 minutes for official match and Monday; recover fully to be ready for next training.

### **Sunday (Match Day)**

Meeting in the stadium: If match will perform at home, we meet in dressing room of Under-17 stadium (Campo Major David Neto) a hour before the match. If match will perform away, we meet in the senior team stadium (Estádio Municipal de Portimão).

Delegate of the team prepare materials of the team such as: balls, obstacles, training jerseys, etc. for pre-match warm-up; water, juices and sandwiches for nutritional support and equipment for the match.

Aim is to be ready one hour before match starting time. Once all team arrive to the avenue, first coach present first eleven players and explains tactical movement to the team. Sometimes coach let players walk in the field get adaptation to the environment. He specially does that when players will play in natural grass field. Because normally team plays and train in synthetic grass.

When there is around thirty minutes left for the start, first eleven players goes for pre-match preparation. It consist of basically three phases. First one is warm-up and stretching, second one is drills with balls and lastly some velocity drills. Sometimes coach may ask bench players to join to this preparation. It can last around 20 - 25 minutes totally. After everybody goes to dressing room and get ready.

Coach makes his last motivational speech with a few sentences. Eleven players get position behind the referees and start to move to field.

After match, players goes to shower and right after that they get their sandwiches and juices to consume. In that way they can replace their energy loss.

## TACTIC

José Mourinho said: "To me, the most important aspect in my teams is to have a defined game model, a set of principles that provides organization. Therefore, since the first day our attention is directed to achieve that." (Delgado-Bordonau & Mendez-Villanueva, 2012, p. 29)

The action in team sports must therefore be understood based on the inseparable relationship between tactical and technical skills. (Praça *et al.*, 2015)

There were two tactical formations used during the season. First and most used one is 4-4-2, and the second one is 4-3-3. Second tactic used rarely.

**Formation 1:** 4-4-2: Consist of four defenders, one defensive midfielder, two wide open midfield wings, one offensive midfielder and two strikers.

**Formation 2:** 4-4-3: Consist of four defenders, one defensive midfielder, two central midfielders and three forwards. Two of the forwards played wide open.

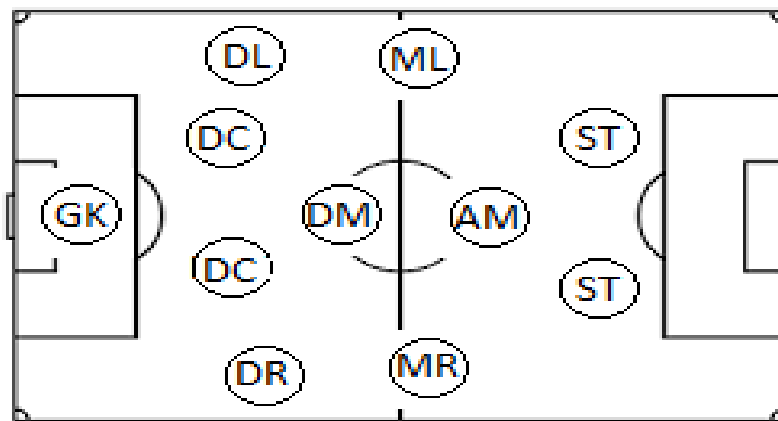


Figure 25 - Tactical formation 4-4-2

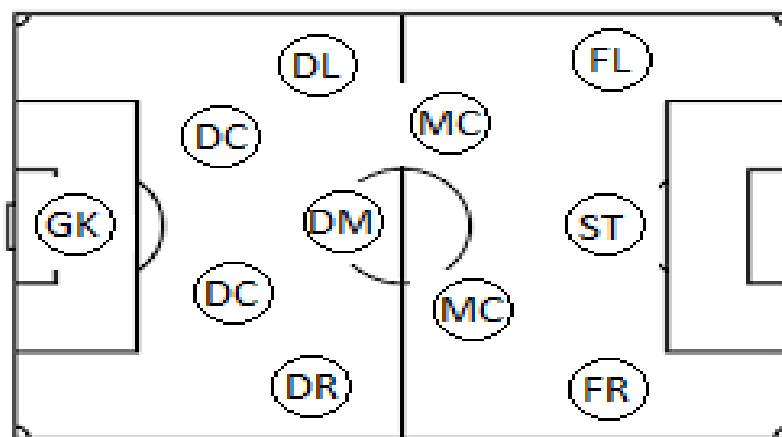


Figure 26 - Tactical formation 4-3-3

## **Portimonense Under-17 Tactical Principles**

### **Possession Play**

Possession of the ball is the amount of time that a team holds the ball during the match. Keeping control of the ball means control of the game.

Bayer Munich is known for its dominant possession play which led them to recent success advancing to the Champions League Final three times in four years(2010-runner-up, 2012-runner-up and 2013-winner). Possession play is linked with team success. (Kempe et al., 2014)

### **Full Pitch Pressing**

Its purpose is not let opponent team play with ball comfortably. Pressing start against opponent team's goal-keeper. Goal-keeper has difficulty to start the game in that pressure. It prevent organization of their attacking move. As a result, they play long ball and it cause them to lose ball.

### **Man-to-man Marking**

It's a defensive duty that all players should do tight marking to opponent team players. It will prevent rival team to get control of the game. It will keep them under pressure and will cause a ball lose.

### **High Defensive Line**

Four defense players try to push their position up to middle of the pith. Aim of this is keep many players closer the opponent team goal and prevent opponent team attack early as possible. Defensive perspective, it is very effective when opponent team is not good in counter-attacks and doesn't have very good sprinter. Offensively, more player joins in attack organization and it's help to keep possession of the ball in opponent team area.

### **High Tempo**

It's keep the team playing fast with ball or without ball. Dynamic moves makes opponent team tired and opens weakness between their defenses. It's not possible to play very high tempo during all match. But it is very effective to maintain with high tempo specially end of the first half and second half when the stamina gets low.

**Often Changing Direction of The Attack**

Its purpose is catch opponent team with less defenses and by playing one-on-one or with quick crosses try to score goals. It carries high risk cause of long balls to the other flank but it can bring score as a award.

**Playmaker**

Team has one playmaker and his position is defensive midfielder. He distributes the ball into team and he is the main man responsible from transition defense to attack. He is located in middle of the field, little closer to the our goal, between defenses and other midfielders. He generally designates direction to the attack. If opponent team is understand his role and make heavy pressure on him, he changes his position with offensive midfielder and offensive midfielder became a playmaker.

**ORGANIZATION**

Organization will be explained in four phases.

**Defensive Organization**

Goal-keeper has the clear view of the team from behind and should organize the defense and warn them about their wrong movements. Players should be closer to each other to not let opponent team gets big open spaces near to our goal. No rival player should be unmarked.

**Offensive Organization**

Goalkeeper should start the game with short passes. When it's not possible long passes will be used for changing direction of the attack. Midfielder right and midfielder left should look for ball to receive pass. That's why they move closer to defensive midfielder. Defense right and defense left moves forward and takes position of the midfielders right and left. Two forwards often changes his positions with each other. Defensive midfielder and offensive midfielder changes his positions with each other.

### **Transition Defense - Attack**

First move is to trying counter-attack by long passes to player in the front. If it's not secure to play counter-attack team should move forward with short passes. Players should move dynamic. All players should move to open spaces to receive passes. It's important to play fastest possible. One touch or maximum two touches to the ball is ideal for fast transition.

### **Transition Attack - Defense**

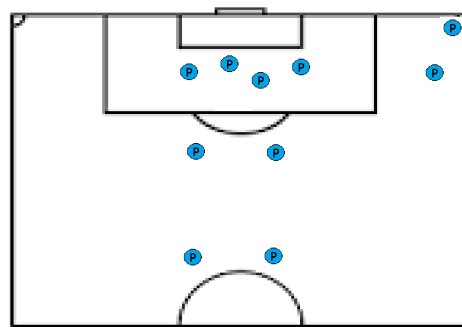
Defense starts in opponent team field. All players should be marking closer opponent team players. It push rival to play long passes. If the marking is not working and opponent team moves forward, our team gets back step by step continue with marking. If central defenses get late to take their positions after corners or free kicks, defensive midfielder and right and left defenses takes their positions temporary.

## **Set Pieces**

### **Corner:**

Corner kick; when ball leaves the pitch by crossing the goal line, out of the goal and last touch is by defending team's player. Corner kick used from corner of the pith.

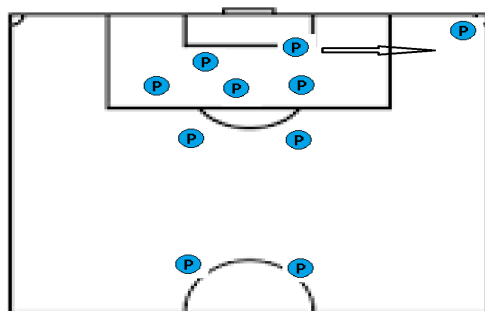
We used 3 different types of corner. These are the part of the tactic we used against opponents.



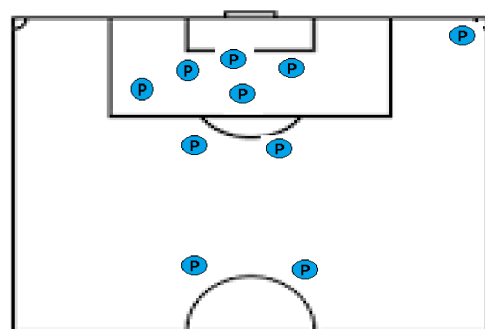
**Figure 27 - Corner 1**

In all corners, two players keep the middle of the pitch to prevent counter-attack. two players move to use the corner. They start the game with short passes and try to get closer the opponent goal to score.

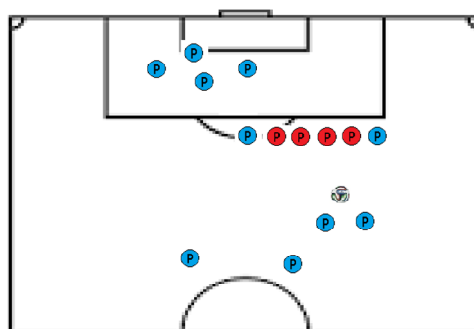


**Figure 28** - Corner 2

Only one player move to use the corner. One player moves quickly to him from the penalty area to receive pass. They try to get in the penalty area and try to score goal.

**Figure 29** - Corner 3

If there is high pressure on the players whose will try short passes then corner used with long pass directly into penalty area.

**Figure 30** - Free kick

Most used shape is showed below: Two players secure the midfield against contra-attack. Two players takes position behind the ball to use free kick. Two players take position nearby the rival defense wall(one on the left and other on the right side) and lastly, four players try to look for goal in the penalty area. When one of the free kick taker starts to move, players nearby defense wall start to run inside of the penalty area diagonally.

Free kick taker can use shot on goal, cross in the penalty area or pass the ball diagonal runners.

**Throw-in:** It should use rapidly and in secure places. Teammate could receive it on his foot rather than to head. If it cannot used rapidly team moves forward and closer to the thrower. Thrower use it as far as possible.

**Penalty:** Penalties mainly used by two players who use also free kicks and corners. Players are who has good accuracy performance in shooting and crossing.

## V. TUTOR - INTERN RELATION

**Table 2** - Coaches' information

EQUIPA TÉCNICA	
	Informações Pessoais
	<b>Nome</b>
	José Manuel Teixeira Antunes
	<b>Data de Nascimento</b>
	30.09.1969
	<b>Local de Nascimento</b>
	Veiriosa / Figueira Castelo Rodrigo
<b>Função: Treinador Principal</b>	
<b>Grau de Treinador: Nivel IV - UEFA Pro</b>	
Equipas Que Treinou	
Anos	Clubes
1995-1996	Benfica (Juvenis)
1996-1997	Oeiras
1997-1999	Guia
1999-2002	Portimonense SC
2002-2004	Quarteirense
2005-2006	Messines
2006-2007	Associação
2007-2008	Messines
2008-2012	Odiáxere
2012-2016	Portimonense SC

	Informações Pessoais
	<b>Nome</b>
	Paulo Jorge Cabrita Malha Alemão
	<b>Data de Nascimento</b>
	26.01.1963
	<b>Local de Nascimento</b>
	Portimão
<b>Função: Treinador Adjunto</b>	
<b>Grau de Treinador: Nivel I</b>	
Anos	Clubes
1994-2016	Portimonense SC

	Informações Pessoais
	<b>Nome</b>
	Huseyin Yilmaz
	<b>Data de Nascimento</b>
	08.01.1990
	<b>Local de Nascimento</b>
	Of / Turkey
<b>Função: Treinador Adjunto</b>	
<b>Grau de Treinador: Estagiario</b>	
Anos	Clubes
2015-2016	Portimonense SC (Juvenis)

Team consist of first coach, assistant coach, goalkeeper coach, fitness coach and intern coach. First coach (Teixeira Antunes) was the full responsible person from the team. He was organizer and he was sharing duties to the rest of the coaches. He manage or control all type of trainings but he generally took all control of the tactical trainings and doesn't give so much roles to his assistants.

In general, assistant coach was responsible from warm-up, stretching, passing training and technique trainings. There were two different assistant coach during the season. First one (Luís Gonçalves) stay with the team until middle of the season then he left cause of the health problems. He was responsible also from Portimonense Under-11 team. He only continue in that team rest of the season. Second one (Paulo Alemão) joined the team after middle of the season when the other one left the team. He was in Portimonense Under-16 team assistant coach. He had worked together with our first coach and most of the team players before, so he didn't have any adaptation problem with the team and with the coach. He completed rest of the season as a assistant coach duty.

Fitness coach and Goalkeeper coach were responsible from different age groups' teams. Fitness coach was only responsible from strength training and he was coming only in one of the four training day (Tuesdays). Goalkeeper coach sometimes train with only one age group's goalkeepers or he was with two or three different groups' goalkeepers at the same time. It depends on the day, because sometimes only two, sometimes three teams were training in the same hour.

As an intern coach, I was responsible from filming the match, statistical evaluation of the match, checking presence of the team, controlling the training materials and controlling warm-up, stretching or some drills whenever first coach asks me to do.

## Learning Process

**Personal Learning:** There are many choices for preparation personally. I was preparing myself to trainings or matches checking literature by reading books, articles, magazines, etc. related to the exercise.

Videos or photos were important resources to preparation visually. Football is the one of the most famous sport, so there are large data about football in internet. I

was choosing some exercises or drills, then converting them to our training system and adjusting time of them.

Another resources were other age groups' coaches in the club. I was sometimes coming to trainings early, then watching their trainings. Not only my team trainings but from their trainings I learn a lot of different exercises also. When the time come, I used some of exercises during my training sessions.

**Regular Team Meetings:** Regular team meetings were realizing last training day before the match day. Before the trainings coaches and players of the Under-17 meet in the dressing room of the players. First coach starts the talking and sometimes assistant coaches join the talking after. It can last 15 to 30 minutes. Main subject is the next match tactical preparation and motivation of the players. These meetings were important for me to learn tactical knowledge and see coach-players communications.

**Non-regular Meetings:** These meetings were realizing generally when first coach is not satisfy from players' performance. These meetings can be before any training session. First coach explains them what is missing and what it should be to improve performances.

**Training Sessions:** Every training session were explaining by coaches to players to perform. I was side by coach who will control the training session. After the listening, I was free to ask any question related to exercise. I was often go to help for goalkeeper coach to learn also something about goalkeepers. Trainings were important both theory and practice learning.

**Matches:** All trainings are to perform a best performance in the matches. Coaches are not able to stop the match and warn players as in trainings. Players should get the instructions in pre-match talks. Pre-match talks are the highlights of the trainings. Coach explains tactical movements to them and, if needed, he talks individually to some of the players. Half-time talks are generally warnings about opponent teams dangerous actions and their weakness. Matches are also evaluation of the trainings. If coaches is not satisfy from the game, he may change some of his trainings to focus on weak side of the team to improve it.

## VI: WHAT I DID DURING THE SEASON?

My primary job was to prepare the statistics of the players for the technical team due to statistical evaluation for players. Preparation of statistics, I need video of the game. I could write down statistics during the game but it will not give health numbers and will be superficial. I needed video of the game in order to have deep and healthy results.

### Filming

I used videos from three different cameras during the season. Coordinator had one of the cameras and when I need it I should call him to get it before the match day. There was only one camera for all young teams that club had. A few weeks after during season one of the parents of the player told me that I can use his camera. In that way he was having memory for his son and I was having the video to prepare statistics for evaluation of the team. I started to use that one and I didn't depend on club's camera. Third was from the brother of one of the players, he was filming also to get memory. I tried to film as much as matches possible. Matches that I couldn't film I got from that brother of one of player.

I had place to film with good angle when my team was playing at home. I was using the one hotel balcony which is right near to stadium. Club got permission from hotel to be able to film during events. I was using key of the hotel to get in from backyard door and arriving to balcony using by stairs. When I finish filming I locked the door and give the key to club's worker who I got a key from.

### Difficulties of filming:

One of the main problem is the place for filming when my team plays at away. Many stadiums doesn't have suitable place for filming. Additionally, if the weather is rainy it gets harder to film.

On the other hand, one of the camera doesn't get sounds. It causes problems such as: I'm watching the attack of my team and match stops. Because of what; offside, foul or another reason? When referee whistle? This affects quality of analyses.

## Checking presence of the team

Portimonense SC under-17 team's (Juvenis A) players' presence was between 18 and 22 during season. There wasn't certain number of the team, because total number was changing due to moves of players to under-16 (Juvenis B) and to under 19 (Juniors). Some of the players were eligible to play in under-16 team who born in year 2000 and all the players were eligible to play in under-19 team.

Injury is another factor to affects presence of the team. Fortunately, none of the player had injury period for very long time during season.

Players permitted to absence of training on following conditions: family visiting, educational exam periods in the school, personal or family issues, etc.

As we can see, many factors affect presence of the team. But all these movements weren't recorded. I informed first coach about this situation and told him that I can keep record of the absence. I started to do this in November 2015 and continue until end of the season. In the record, we could see in total that who is coming to trainings regularly and whose absence with what reasons.

## Statistical Performance Analyze

Match analysis refers to the objective recording and examination of behavioral events occurring during competition. It may be focused on the activity of one player, or may include the integration of actions and movements of players around the ball.

Match analysis may range in sophistication from discrete data about activity of an individual player, or of each member of the team as an individual profile, to a synthesis of the interplay between individuals in conformity to a team plan. Behavior when defending and when attacking can be accommodated, as can the analysis of either one or both teams together.

An outcome may be a description of the team's pattern of play. Performance in ball games is much more difficult to appraise than it is in individual sports. In soccer there is a simple determinant of victory: winning means scoring more goals than the opposition! When a soccer team wins a game can rightly claim that the objective has been achieved. Thoughts can be refocused on moving on to the next game and securing another victory.

There is, however, a distinction between the outcome (winning or losing) and the performance by which it was achieved. Since chance often plays a role in the

scoring or conceding of goals - for example, an "own goal" or a fluke deflection - coaches recognize that what they deemed to have been the better team does not always win the game. This kind of comment rises questions about what the basis for judging performance is and whether there are any clear criteria capable of being used evidence. (Carling et al., 2005)

Before I arrived to team I agreed with coordinator of the club that I will prepare statistical analyzing of the team. I didn't receive any sample or I haven't informed that how I should do it. So I need to draw a sample and present it to first coach. It should include sufficient information about players after analyzing the each one of the matches. After draw and present it to first coach, additionally, he asked me write down total of minutes that players have played per match. Finally, I had last form of table before official matches has started (Table 3).

#### **What I used for statistical Analyze?**

- Camera: Sony brand HD camera.
- Computer: ACER brand laptop with Windows 7 operating system.
- Programs: Microsoft Word, Microsoft Excel, SPSS, Movie Maker. VLC Player, GOM Player, Windows Media Player, Paint, Adobe Acrobat Reader.




## Match Statistic

**Table 3** - One of example match statistic (Olhanense Under-17 vs Portimonense Under-17)


ÉPOCA 2015/2016 CAMPEONATO DISTRITAL 1ª DIVISÃO JUVENIS

2ª FASE - APURAMENTO CAMPEÃO - PORTIMONENSE JUVENIS A - RELATÓRIO DO JOGO

JORNADA 1




SC OLHANENSE 0 - 3 PORTIMONENSE SC



Local: Olhão

Data: 14:30 - 20.03.2016

OLH	Estatísticas Gerais	PSC	Comentários														
0	Golos	3	Depois de marcarmos aos 15 minutos, a pressão do adversário foi maior. O Olhanense teve dois ataques importantes: um foi um livre directo, em que a bola bateu no poste e o outro foi um lance com o guarda-redes que, felizmente, foi defendido. Marcamos o segundo gol aos 39 minutos. No final da primeira parte o ponta-de-lança do Olhanense, que tinha entrado 5 minutos antes, viu o cartão vermelho, sendo expulso. Na segunda parte, jogamos de forma mais segura e defensivamente. Tivemos um penalty, aos 75 minutos, o que nos permitiu finalizar o jogo 0-3. Resultado importante, em um importante jogo, na casa do adversário.														
2/4	Remates	8/15															
3	Cantos	7															
10	Faltas	9															
3	Cartões Amarelos	3															
1	Cartões Vermelhos																
	Minutos dos golos	15,39,59															
PORTIMONENSE SC	 Jogadores	Minutos das Substituições	Golos	Assistências	Remates	Passes	Rácio de Passes	Desarmes	Perda Bola	Faltas	Faltas Sofridas	Fora de jogo	C.Amarelo	C.Vermelho	Golos Sofridos		
1	Rodrigo Franco					5/18	28%										
2	André Candido					16/21	76%	1									
3	Fábio Romão					7/11	64%	3		1	2		1				
4	João Alfeirão				0/1	5/8	63%		1								
5	Francisco Pacheco					19/26	73%	2	3	2			1				
6	André Amores				1/2	11/16	69%			2	2						
7	Daniel Gregorio				0/1	7/9	78%		1		1						
8	Sérgio Neto	↓ 58		1	1/1	15/16	94%	1	1	1			1				
9	Alexandre Pimenta	↓ 75	1		1/3	9/15	60%	3	5	1	1	1					
10	Bruno Reis	↓ 75	2		2/2	13/14	93%	1	2								
11	André Chamusca	↓ 75			1/1	21/24	88%	3	1	1	4	1					
Sub1	Fábio Gonçalves																
Sub2	João Alberto	↑ 75							1								
Sub3	Edmundo Sebastião																
Sub4	Henrique Santos	↑ 75				5/6	83%										
Sub5	Pedro Simões	↑ 58			1/3	8/11	73%			1							
Sub6	Alexandre Cavaco																
Sub7	Paulo Salvador	↑ 75			1/1	1/2	50%		1								
Sub8	Daniel Campos																
Sub9	Alexandre Marum																
Sub10	Mário Rui																
Sub11	Marcos Silva																
Sub12	Afonso Ribeiro																
Sub13																	
Sub14																	
Sub15																	

Huseyin Yilmaz

**Location of the match:** Location shows where the stadium is and it refers the match had played at home or at away.

**Date of the match:** It includes starting hour of the match and day that match realized. If we look at the all matches dates at the end of the season, we can see that all of them have played in Sundays. Earliest match has started at 9:00, and latest match has started at 15:00. As a result, all the matches that Portimonense SC Under-17 played was in various times between at 9:00 in the morning until at 17:00 in the afternoon and only in Sundays.

When matches are same day of the weeks during season, it allows club to organize trainings in certain days of the week. Otherwise, when day of the match changes every week, days of the trainings change as well.

**General Statistics:** It consists of scores, shoots, corners, fouls, yellow and red cards and minutes of the goals. These statistics can be written down even during the match. This part can be used for general comparisons between matches or to create total table from all general statistics. It that way, no need to choose from detailed statistics to create basic content.

**Comments (Comentários):** This part is more for qualitative evaluation of the match. The things are that affects matches get written down in that part to such as injuries, tactical movements, weather, field condition, etc.

**Minutes of Substitutions (Minutos das Substituições):** This part is important to calculate total minutes that played by each player. Total match long is 80 minutes for Under-17 1. Regional League in Algarve. For example: Player is that get in match in minute 70. Played 10 minutes totally in that match. Normally, extra minutes doesn't count for player in total calculation. Except, player that gets in the match in extra time counts played 1 minute symbolically.

**Goals:** A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. The team scoring the greater number of goal during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

**Passes and Accuracy of Passes:** The aim of passing is to keep possession of the ball by moving it between different players of same team. More accuracy of passes bring an advantage that team secures possession of the ball and doesn't give opportunity to opponent team for attack.

**Assist (Assistências):** An assist is a last pass that provided by one player to another one to score the goal. Pass with high quality can be an assist to score crucial goal during the match. We also need to keep in mind that all goals aren't by assist. In some cases, player can tackle the opponent defense and gain the ball and score it right after gaining. In that situation, scorer didn't receive any pass and score it directly. We don't count any assist for the player that who scored the goal.

**Shoots (Remates):** Shoot is a way to hit the ball to score. Many body parts can be used to score except hands.

**Tackles (Desarmes):** It means winning ball from opponent team.

**Losses of Ball (Perda de Bola):** When player lose ball to opponent team.

**Fouls (Faltas):** Fouls can be in many ways. Charging an opponent, handling the ball, dangerous play, preventing the goalkeeper from releasing the ball from his hands, etc. (FIFA, Law 12: Fouls and Misconduct).

**Fouls Against (Faltas Sofridas):** Fouls being happened against my team's players.

**Offside (Fora de Jogo):** A player is an offside position if he is nearer to his "opponents" goal line than both the ball and the second last opponent. (FIFA, Law 11: Offside).

**Yellow Card (Cartão Amarelo):** A yellow card means of warning, reprimanding or penalising a player.

**Red Card (Cartão Vermelho):** if a player receives red card, it means player got punishment and need to leave the field immediately. His team plays less player cause of red card.

**Goals Concedes (Golos Sofridos):** A goal being scored against my team.

## VII. INTERNSHIP AFFECTS ON ME

**Don't trust:** Firstly, I wasn't so hopefully about finding club for internship in Portugal. Main reason was the language, I could understand but I wasn't able to talk fluent and write without mistake in Portuguese. That's why I started to search some clubs which I'm able to talk English in trainings. I actually find one and try to communicate with them.

The club was from out of the Portugal. I think it will not be appropriate if I give name of the club. I sent my CV and some other documents needed. Then I had interview by internet video call. They told their conditions, and I told mines. It passed nice and I was thinking maybe I got it. They told me, they will tell me their answer soon. But they didn't. Long time passed without any positive or negative answer. If I get negative answer, I will give up my hope on them and then I will try other clubs for internship. I wasn't expecting that club with high reputation in his country will give no answer to person who just had interview with them. That's why I waste a lot of time in that period. But I learn something even before starting an internship; don't trust.

Funny thing is they send me e-mail around three months later and it says "Do you still interested to work with us?". I told them, my conditions are still the same, please, send me positive or negative answer until the date I needed. They haven't answer yet.

**Keep Trying:** I had limited time to find club after I waste a lot of time with previous application. What I was going to do? Giving up on doing an internship? Of course, I'm not going to give up finding a club. I change my idea and try to find club in Portugal. Firstly, I send my CV to three biggest club of the Portugal. Just to try, anything can happen. One of them politely rejected, other two didn't even answered. Then I decided to make application to teams of the south of the Portugal.

I already lived in the north around a year. It could be different experience for me in the other side of the country if get opportunity. Portimonense gave me answer in shortest time and tutor coach had professional level licence. I was so happy when I receive it. There were not much time left and I was in my home country (Turkey) hopeless. When I get the opportunity, I booked my ticket to Portugal. Finally, I found the club (Portimonense SC) that I was searching for long time.

**Don't be shy:** My first meeting with coordinator of the young teams and my tutor was at the same day. I met with the coordinator in the office of the training camp and he told me what should I do for the team. Then he introduced me my tutor. That day was also meeting between coaches from different age groups.

Main subject was the sharing players between teams. Because some players were available to play with more than one team. It was my first day and they allow me to join in the meeting. There is no need to be shy and I start to join meeting in the first day and then I try to follow other small meeting between coordinator and coaches. These meetings mainly includes; sharing players between teams, discussion about training days and hours, transportation of the team, discussion about undisciplined players, team's form evaluation.

**Be prepared:** As an intern, I should be prepared for any kind of training so when the time comes I will not be disappointment. That's why I was keeping in mind at least one drill from each training type. So when the coach asks me do one of them I was already having one prepared. But it's not impossible to remember everything sometimes. It's better to be write them down before come to training to avoid time wasting.

After a few trainings, I didn't leave my small notebook from my pocket. When I don't remember some drills, I just check it and in a minute, drill is ready to begin.

**Create Large Database:** It's very helpful to collect as many as data such as articles, books, videos, etc. about trainings, football, nutrition or anything related to the work. It was very easy for me to reach information I need when I needed. I may not be able to use internet or to go to library cause of location of the training field or place that I live in. Database that already created can be used in that kind of situations to reach knowledge.

In first weeks of my internship, I had internet problem at home and library is not open 24 hours in the city. Additionally my database that I created before was complicated and inadequate. I had problems to create specific drills in that period of time.

**Language Practice:** Language was the most difficult challenge for me during internship. I could understand generally, but I couldn't talk and write in the beginning of the season. My tutor showed me his support from the very beginning. He also had problem to talk in English. He had lack of practice on talking. He told me "at the end of the season, If you aren't speaking Portuguese and I'm not speaking English much better, then this season will be pointless." Players also push me speak in Portuguese and they try to speak English also. It was beneficial for both sides.

Main problem was when I'm trying to explain drill to the players. It was taking long time and it's not good to waste time in training. That's why it's better to explain drills to players in the dressing room before go to the field. This can avoid time wasting and players will be ready to perform when they arrive to the field. Clearly, I understand that there will not be strong communication without talking same language between players and coaches. I started to go to training earlier sometimes and spend time with players in dressing room just for chat.

At the end of the season, My coach and me are talking much better. Coaches and players from the team confirm this improvement by saying "you're talking better in Portuguese now."

**Balance Relations Into Team:** First month is hard for the person who involve in a new environment. Specially, It's harder for foreigner like me. I'm the person comes from different country and culture and the players know almost nothing about it. What kind of relationship they should have with me? What I should do that I will have quick adaptation to the team?

I started to come to training earlier, so I can spend more time with players. I try to speak with team in both language (English-Portuguese). I spend more time in players' dressing room than coaches' room. First coach present me to the team and gave me control of some trainings to have closer relationship with players. Following weeks it showed improvement and that time players were trying to communicate with me. Asking my opinion about football teams in Portugal. Because most of them were fun of the three biggest club in Portugal and they want to hear that their supported team is the best. It wasn't really important for me to indicate any club which is best. I was joining in a discussion or creating one to just learn about players' opinion and have a time with them.

Later on we get closer and even started jokes to each other. But I also worry about my status in the team. I'm like a friend with team but when the training time comes I'm the coach. In some trainings I see that some players manipulate this close relation between me and players. They start to exercise late, they don't give attention to the speech that I make. Furthermore, some of them don't see me as a coach and for them, I'm just intern. In the beginning of the season, that was their view on me.

This situation bothers me and I needed to do something about it. If they don't see me as a coach, how I will control the training. I don't want to punish them also. Because it can hurt our relationship out of the training time. That's why I warn them: "I don't want to punish you but if you don't do an exercise properly, you will talk with the first coach." This system is what I learn from club. My first coach warns players when they come late to the trainings or doesn't perform exercise with good attitude. If they continue to do these things, he sends them to the coordinator. Coordinator is the responsible from all under-19 age group teams and in the hierarchy, he is top of the all coaches. He solves undisciplined situations. Players don't want to leave the club, because it has high reputation in the region and playing in that club bring reputation to players as well. Players don't want risk their position in the club and that's why they abstain from talking with him about undisciplined subject. That was my solution against irresponsible players.

**Psychology:** Once, before training, I was having conversation with group of players and one of them said. "I will play in Chelsea next year." and I respond: "If you go to Chelsea, I will go to Barcelona." When he was saying this he was smiling warm and when I respond it change to the acrid smile. I realized that I respond harshly. He didn't mean that he really will transfer next year. But my respond includes hard fact to absorb. When I arrive to home, I was thinking that I used wrong type answer.

Following day, I talk with the player and explained him what I meant. "When we are looking in general, there are some requirements to get in professional clubs for you as a player and for me as a coach. You can be better player and I can be better coach if we improve ourselves. Then we can go to our dream teams. I don't mean that we can never be in that clubs. Of course, we can be. But currently, neither you nor me deserve a get in very high reputation club."

Alex Ferguson: "First of all, you must tell them the truth. There is nothing wrong with presenting the hard facts to a player who lost his form. And what I would



say to anyone whose confidence was wavering is that we were Manchester United and we simply could not allow ourselves to drop to the level of other teams. Faced with the need to confront a player who had performed below our expectation, I might have said: 'That was a rubbish, that.' But then I would follow it up with, 'For a player of your ability.' That was for picking them back up from the initial blow. Criticise but balance it out with encouragement. 'Why are you doing that? You're better than that.' Endless praise sounds false. They see through it. A central component of the manager-player relationship is that you have to make them take responsibility for their own actions, their own mistakes, their performance level, and finally the result. (Ferguson, 2013)

## **Post-Season**

Portimonense Under-17 played official 32 matches (22 in first phase and 10 in the second phase). Totally: 28 wins, 3 draws and just one loss. 142 goals scored and 15 goals conceded. Before 3 matches left team guaranteed to finish as a champion mathematically. After that four days of trainings reduced to three days. Some eligible players joined under-16 team and some of players moved to under-19 team.

Team received the cup before 21th match at home with ceremony. Players and technical team painted their faces to colour of the club (black and white). When the division ended, team had a meeting alt together last time. Some family members also joined the meeting. It was end of the a nice football season and also beginning of the new one.



**Figure 31** - Technique Team (Under-17). From left to right: José Nobre (delegate), Paulo Alemão (assistant coach), Teixeira Antunes (Firts coach), Luis Gonçalves (assistant coach), Huseyin Yilmaz (Intern coach) and Nuno Domingos (Fisiotherapist).



**Figure 32** - Portimonense Sporting Clube Under-17 Team

**Table 4** - Algarve - Regional 1. Division (Under-17) First Phase<sup>1</sup>

		J	V	E	D	Golos	+/-	Pts
1	• Portimonense SC	22	20	1	1	104 : 8	96	61
2	• SC Olhanense	22	19	0	3	84 : 18	66	57
3	• SC Farense	22	18	0	4	73 : 14	59	54
4	• Quarteirense F SAD	22	12	4	6	54 : 29	25	40
5	• Lusitano FC	22	12	2	8	50 : 37	13	38
6	• CF Esperança Lagos	22	8	4	10	40 : 43	-3	28
7	↑ FC S.Luis	22	7	5	10	37 : 49	-12	26
8	↓ Imortal DC	22	8	2	12	42 : 53	-11	26
9	• FC Ferreiras	22	4	6	12	35 : 57	-22	18
10	• Internacional CA	22	4	2	16	19 : 81	-62	14
11	• JD Monchiquense	22	2	3	17	15 : 94	-79	9
12	• GD Lagoa	22	2	3	17	21 : 91	-70	9
Total-Golos: 0		Golos / jogo: 0						

**Table 5** - Algarve - Regional 1. Division (Under-17) First Phase<sup>17</sup>

		J	V	E	D	Golos	+/-	Pkt.
1	• Portimonense SC	10	8	2	0	38 : 7	31	87
2	• SC Olhanense	10	7	1	2	46 : 13	33	79
3	• SC Farense	10	5	2	3	20 : 9	11	71
4	• Lusitano FC	10	3	3	4	15 : 21	-6	50
5	• Quarteirense F SAD	10	1	3	6	10 : 39	-29	46
6	• CF Esperança Lagos	10	0	1	9	12 : 52	-40	29
Total-Golos: 141		Golos / jogo: 4.7						

<sup>1</sup> Taken from: <http://www.afalgarve.pt/index.php/campeonatos> in 15/09/2016

## Conclusion

When looking back, I had hard times (psychologically, financially, etc.) during the study in Porto. Many times, I think about giving up the study and return to my country. I'm happy now that I could continue and finish my internship season. It's priceless to finish as a champion even as an intern coach. Another invaluable thing is to have professional level coach as a tutor.

All internship process help me to improve myself in many ways. But there were two things that what I needed for myself elementarily; confidence and strong memory. These two things affects my training performances significantly.

- Confidence: Comparing before and after the season, I have more confidence and it helps me to communicate with coaches and players without being stressed.

- Stronger Memory: I wasn't able to show exercises to players without my notebook. It was on my pocket as my body part during trainings. But now, I memorize drills easy and show players exercises without my notebook.

There are mainly two things to need to improve urgently; language and fat loss.

- Language: I'm still not able to speak fluent Portuguese. It is big problem that block my way to be a coach in Portugal.

- Fat Body: I'm overweight person and I need to lose some fat to be an good example to my players. I also want to perform most of the exercises with players but this situation doesn't allow me to do it.

Except these two things, I should be more careful during trainings. I was joining some of the trainings to perform with the players during last season. I push myself during the training match that I shouldn't do it as an untrained person. It carries high injury risk. During the training match I got 5 cm rupture in my hamstring. It cause me long time to recover from the injury. Around one month, I couldn't walk properly. I was going to trainings with help of crutches. It thought me to be more careful before my actions.

Future planning: I will continue to improve myself as a coach in Portugal for near future. I will continue as an intern coach in Portimonense Sporting Clube for season 2016/2017. This time not in Under-17 but in Under-19 team which competes in national second division. Objective is to be a champion again.

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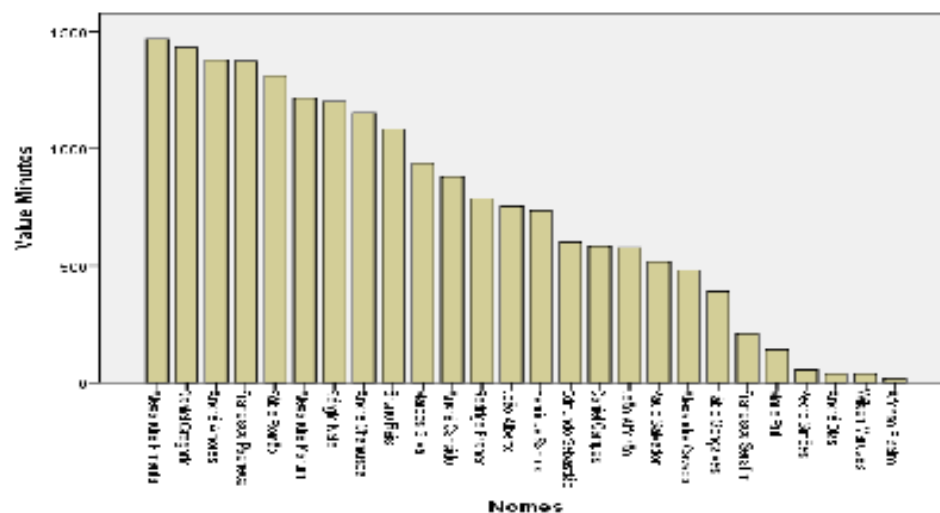
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# ANNEXES

**ÉPOCA 2016/2018 CAMPEONATO DISTRITAL 1.ª DIVISÃO JUVENIS 1.ª FASE**  
**PORTIMONENSE JUVENIS A - MINUTOS DOS JOGADORES**

Jornadas/Jogadores	Daniel Campos	Fábio Gonçalves	Rodrigo Franco	Fábio Romão	João Alfeirão	Alexandre Marum	André Amores	André Cândido	Marcos Silva	Francisco Pacheco	João Alberto	Bruno Reis	Daniel Gregório	Edmundo Sebastião	Henrique Santos	Alexandre Pimenta	Alexandre Cavaco	Sérgio Neto	Paulo Salvador	Andre Chamusca	Francisco Serafim	Mário Rui	Pedro Simões	Anré Dias	Wilson Marques	Afonso Ribeiro	TOTAL / MINUTOS
1	88	0	12	80	80	0	80	40	12	80	0	40	61	40	28	88	80	0	40	40	40	0	0	0	0	0	880
2	80	0	0	80	88	17	80	17	28	80	0	80	88	64	17	88	64	0	28	64	28	0	0	0	0	0	880
3	80	0	0	80	67	0	80	0	67	80	0	80	80	0	28	80	6	28	76	80	0	0	0	0	0	0	880
4	40	40	0	80	0	80	0	80	61	40	80	18	81	29	61	80	46	40	0	86	29	0	0	0	0	0	880
5	80	0	0	61	67	28	0	29	61	80	80	80	61	29	29	61	29	80	29	61	0	0	0	0	0	0	880
6	0	0	80	80	1	80	80	0	80	80	0	80	80	8	0	80	0	77	1	80	0	0	0	0	0	0	882
7	0	80	0	40	40	0	80	0	26	88	26	80	80	66	17	88	0	80	17	88	17	0	66	0	0	0	880
8	16	86	0	80	0	16	80	0	80	80	68	22	80	69	21	86	16	69	21	86	0	0	0	0	0	0	880
9	0	80	0	80	0	0	80	16	86	80	28	67	80	86	16	80	0	67	16	86	28	0	0	0	0	0	880
10	28	0	67	80	28	80	80	80	28	67	0	0	67	28	67	40	28	67	40	28	67	0	0	0	0	0	880
11	0	0	80	80	0	80	80	84	18	80	84	0	80	0	1	80	1	80	0	80	18	1	0	0	0	0	883
12	0	0	80	0	80	80	80	8	14	77	14	80	80	0	40	77	8	88	40	88	0	0	0	0	0	0	880
13	40	40	0	80	10	80	20	80	0	0	70	80	80	20	80	80	0	70	20	80	0	10	0	0	0	0	880
14	0	0	80	74	80	80	80	8	0	80	20	80	80	0	20	74	8	80	20	74	0	8	0	0	0	0	880
15	0	0	80	0	80	80	0	80	88	47	80	0	0	40	80	40	80	47	80	0	0	88	0	0	0	0	880
16	40	0	40	40	0	80	0	80	62	16	80	28	0	0	66	40	62	40	80	40	0	28	0	40	40	0	880
17	0	0	80	80	0	80	80	0	80	80	0	76	80	6	12	80	0	76	6	88	0	0	0	0	0	0	880
18	0	0	80	80	6	80	80	80	18	80	27	27	80	40	68	76	6	68	0	22	0	0	0	0	0	0	880
19	78	4	0	4	0	40	80	78	80	4	78	40	80	78	40	40	88	4	0	80	0	12	0	0	0	0	880
20	0	0	80	80	0	80	80	7	78	80	7	68	80	27	27	78	0	78	7	68	0	0	0	0	0	0	880
21	0	40	40	0	0	80	80	80	80	80	22	68	68	22	80	68	0	80	0	0	0	22	0	0	0	0	880
22	40	40	0	84	0	80	80	84	28	62	28	84	62	18	0	80	18	80	0	62	0	28	0	0	0	18	880
TOTAL / Min	582	389	789	1313	576	1215	1380	881	939	1375	754	1083	1433	603	737	1467	482	1201	516	1151	208	140	55	40	40	16	19365



**Nota: 11 jogadores x 80 minutos = 880 minutos cada jogo**

**880 minutos x 22 jogos = 19360 minutos na 1ª fase**

**Conta como 1 minuto cada jogador que entre em jogo no tempo extra**

**Os 5 minutos a mais mostram 5 vezes as substituições feitas no tempo extra**



**ÉPOCA 2015/2016 CAMPEONATA DISTRITAL 1ª DIVISÃO JUVENIS 1ª FASE PORTIMONENSE**  
**JUVENIS A (Desarmes, Perda de Bola, Faltas, Fora de Jogo, Cartões e Sofridos)**

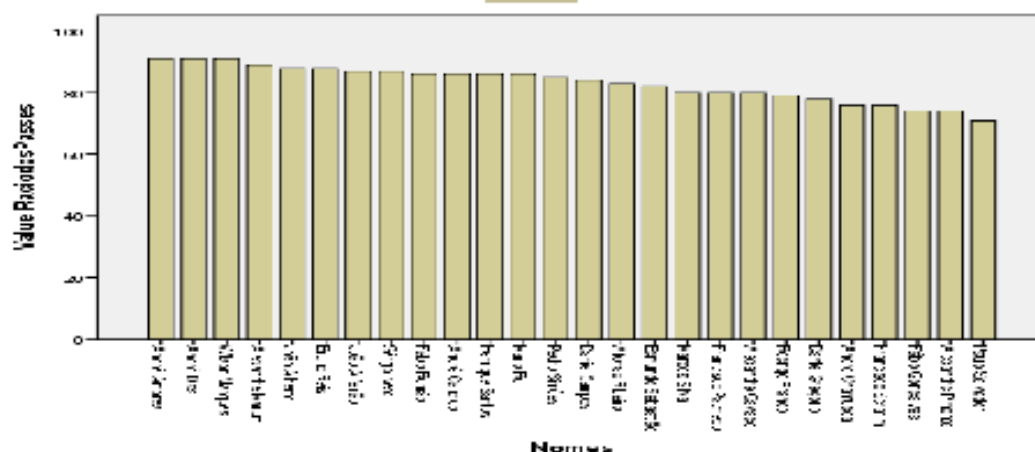
<b>Jogador</b>	<b>Desarmes</b>	<b>Perda de Bola</b>	<b>Faltas</b>	<b>Faltas Contra</b>	<b>Fora de Jogo</b>	<b>C. Amarelos</b>	<b>C. Vermelhos</b>	<b>Sofridos</b>
1 Daniel Campos								2
2 Fábio Gonçalves						1		3
3 Rodrigo Franco	1							3
4 Fábio Romão	22	9	16	4		2		
5 João Alfeirão	10	5	7	2				
6 Alexandre Marum	18	2	4	5				
7 André Amores	37	7	33	12		2		
8 André Candido	11	11	3	6	2			
9 Marcos Silva	30	17	9	11	1	1		
10 Francisco Pacheco	42	32	25	26	7	1		
11 João Alberto	19	5	7	5				
12 Bruno Reis	39	16	22	20	7	2		
13 Daniel Gregorio	35	26	13	36	3	3		
14 Edmundo Sebastião	19	24	15	6	4	4	1	
15 Henrique Santos	22	12	14	25	3			
16 Alexandre Pimenta	25	64	5	21	8			
17 Alexandre Cavaco	16	15	5	5	6	1		
18 Sérgio Neto	22	38	25	8	6	3		
19 Paulo Salvador	5	17	3	4	3			
20 André Chamusca	6	61	35	31	14	8		
21 Mario Rui	1	6	3	4	2			
22 Afonso Ribeiro		1	0					
23 Francisco Serafim	10	9	1	6	4	1		
24 Pedro Simões	4	3	3					
25 André Dias								
26 Wilson Marques								
<b>Total</b>	<b>394</b>	<b>380</b>	<b>248</b>	<b>237</b>	<b>70</b>	<b>29</b>	<b>1</b>	<b>8</b>

<b>Jornada</b>	<b>Desarmes</b>	<b>Perda de Bola</b>	<b>Faltas</b>	<b>Faltas Contra</b>	<b>Fora de Jogo</b>	<b>C. Amarelos</b>	<b>C. Vermelhos</b>	<b>Sofridos</b>
1. PSC 7 - 0 FER	51	22	8	9	2			
2. LGS 0 - 4 PSC	31	23	12	11	5	1		
3. PSC 1 - 1 QUA	9	13	17	24	1	3	1	
4. MON 0 - 9 PSC	19	18	3	3	6			
5. PSC 11 - 0 LGA	27	18	4	5	2			
6. OLH 0 - 2 PSC	13	8	13	9	4	3		
7. PSC 6 - 0 LUS	30	23	14	9	4	1		
8. FC SL 0 - 5 PSC	21	19	14	13	3			
9. FAR 3 - 0 PSC	10	19	13	13	2	3	3	
10. PSC 6 - 0 ALM	16	12	11	11	8	4	1	
11. IMB 0 - 2 PSC	18	32	13	15		1		
12. FER 1 - 4 PSC	13	10	5	9	2	1	1	
13. PSC 4 - 0 LGS	3	10	7	16	2			
14. QUA 1 - 5 PSC	14	20	15	5	1	1	1	
15. PSC 5 - 0 MON	8	22	9	8	12			
16. LGA 0 - 6 PSC	14	17	11	6	1			
17. PSC 1 - 0 OLH	4	15	20	8	2	5		
18. LUS 1 - 4 PSC	16	15	22	14	3	4	1	
19. PSC 5 - 0 FC SL	21	16	6	11	4			
20. PSC 3 - 0 FAR	26	14	11	10	2	2		
21. ALM 0 - 7 PSC	14	14	13	18	4			
22. PSC 7 - 1 IMB	16	20	7	10			1	
<b>Total</b>	<b>394</b>	<b>380</b>	<b>248</b>	<b>237</b>	<b>70</b>	<b>29</b>	<b>1</b>	<b>8</b>

<b>Desarmes</b>	<b>T</b>	<b>Faltas</b>	<b>T</b>	<b>Fora de Jogo</b>	<b>T</b>	<b>Sofridos</b>	<b>T</b>
1 F.Pacheco	42	1 A.Chamusca	35	1 A.Chamusca	14	1 R.Franco	3
2 B.Reis	39	2 A.Amores	33	2 A.Pimenta	8	1 F.Gonçalves	3
3 A.Amores	37	3 F.Pacheco	25	3 F.Pacheco	7	2 D.Campos	2
4 D.Gregorio	35	3 S.Neto	25	3 B.Reis	7		
5 M.Silva	30	4 B.Reis	22				
<b>Perda de Bola</b>	<b>T</b>	<b>Faltas Contra</b>	<b>T</b>	<b>C. Amarelos</b>	<b>T</b>	<b>C. Vermelhos</b>	<b>T</b>
1 A.Pimenta	64	1 D.Gregorio	36	1 A.Chamusca	8	1 E.Sebastião	1
2 A.Chamusca	61	2 A.Chamusca	31	2 E.Sebastião	4		
3 S.Neto	38	3 H.Santos	25	3 D.Gregorio	3		
4 F.Pacheco	32	4 A.Pimenta	21	3 S.Neto	3		
5 D.Gregorio	26	5 B.Reis	20				

**ÉPOCA 2015/2016 CAMPEONATA DISTRITAL 1ª DIVISÃO JUVENIS 1ª FASE PORTIMONENSE JUVENIS A  
(PASSES CERTOS, TOTAL PASSES E RATIO DOS PASSES)**

Jogadores	Passes			Jornada	Passes		
	Total Passes Certos Por Jogador	Total Passes Por Jogador	Ratio do Total Passes Por Jogador		Total Passes Certos Por Jogador	Total Passes Por Jogador	Ratio do Total Passes Por Jogador
1 Daniel Campos	136	161	84%	1.PSC-FER	371	441	84%
2 Fábio Gonçalves	76	103	74%	2.LGS-PSC	227	287	79%
3 Rodrigo Franco	130	165	79%	3.PSC-QUA	186	239	78%
4 Fábio Romão	446	520	86%	4.MON-PSC	347	394	88%
5 João Alfeirão	229	264	87%	5.PSC-LGA	371	418	89%
6 Alexandre Marum	413	465	89%	6.OLH-PSC	142	199	71%
7 André Amores	494	543	91%	7.PSC-LUS	378	445	85%
8 André Candido	423	491	86%	8.FCSL-PSC	339	405	84%
9 Marcos Silva	293	365	80%	9.FAR-PSC	143	210	68%
10 Francisco Pacheco	466	579	80%	10.PSC-ALM	353	405	87%
11 João Alberto	267	303	88%	11.IMB-PSC	259	313	83%
12 Bruno Reis	482	549	88%	12.FER-PSC	364	418	87%
13 Daniel Gregorio	335	427	78%	13.PSC-LGS	245	307	80%
14 Edmundo Sebastião	161	196	82%	14.QUA-PSC	309	368	84%
15 Henrique Santos	304	353	86%	15.PSC-MON	350	401	87%
16 Alexandre Pimenta	389	527	74%	16.LGA-PSC	295	361	82%
17 Alexandre Cavaco	108	135	80%	17.PSC-OLH	141	196	72%
18 Sérgio Neto	402	463	87%	18.LUS-PSC	182	238	76%
19 Paulo Salvador	121	170	71%	19.PSC-FCSL	375	435	86%
20 André Chamusca	381	501	76%	20.PSC-FAR	156	223	70%
21 Mario Rui	60	70	86%	21.ALM-PSC	372	412	90%
22 Afonso Ribeiro	5	6	83%	22.PSC-IMB	320	369	87%
23 Francisco Serafim	55	72	76%				
24 Pedro Simões	29	34	85%				
25 André Dias	10	11	91%				
26 Wilson Marques	10	11	91%				
<b>Total Minutos</b>	<b>6225</b>	<b>7484</b>	<b>83%</b>	<b>TOTAL MINUTOS</b>	<b>6225</b>	<b>7484</b>	<b>83%</b>



**ÉPOCA 2015/2016 CAMPEONATA DISTRITAL 1ª DIVISÃO JUVENIS 1ª FASE PORTIMONENSE**  
**JUVENIS A (Tipo de Ataque, Tipo do Golo, Remates, Assistências e Golos)**

Jogador	Jogos		Remates Certeiros	Total de Remates	Rácio de Remates	Assistências	Golos	Jornada	Remates Certeiros	Total de Remates	Rácio de Remates	Remates Contra Nos	Total de Remates Contra Nos	Rácio de Remates Contra Nos
	Realizados													
1 Daniel Campos	7	4						1. PSC 7 - 0 FER	14	26	54%	0	1	0%
2 Fábio Gonçalves	4	4						2. LGS 0 - 4 PSC	10	13	77%	1	5	20%
3 Rodrigo Franco	11	1						3. PSC 1 - 1 QUA	10	13	77%	2	3	67%
4 Fábio Romão	18	1	4	6	67%	2	1	4. MON 0 - 9 PSC	20	24	83%	0	1	0%
5 João Alfeirão	6	6	2	5	40%		1	5. PSC 11 - 0 LGA	14	29	48%	0	0	
6 Alexandre Marum	16	2	9	11	82%		7	6. OLH 0 - 2 PSC	9	15	60%	6	6	100%
7 André Amores	17	1	11	20	55%	1	5	7. PSC 6 - 0 LUS	11	15	73%	0	1	0%
8 André Candido	10	7	3	4	75%	1	1	8. FC SL 0 - 5 PSC	11	15	73%	0	3	0%
9 Marcos Silva	11	9	2	6	33%	3	1	9. FAR 3 - 0 PSC	1	4	25%	6	7	86%
10 Francisco Pacheco	19	2	10	20	50%	4	2	10. PSC 6 - 0 ALM	21	30	70%	1	1	100%
11 João Alberto	7	9	10	12	83%	2	5	11. IMB 0 - 2 PSC	10	13	77%	0	1	0%
12 Bruno Reis	15	4	17	24	71%	5	7	12. FER 1 - 4 PSC	18	23	78%	1	2	50%
13 Daniel Gregorio	20	0	16	24	67%	5	5	13. PSC 4 - 0 LGS	9	16	56%	2	5	40%
14 Edmundo Sebastião	7	10	6	13	46%	2	2	14. QUA 1 - 5 PSC	16	28	57%	1	2	50%
15 Henrique Santos	7	13	16	23	70%	6	4	15. PSC 5 - 0 MON	9	14	64%	0	0	
16 Alexandre Pimenta	22	0	52	77	68%	20	23	16. LGA 0 - 6 PSC	12	22	55%	0	0	
17 Alexandre Cavaco	5	10	8	14	57%	4	4	17. PSC 1 - 0 OLH	3	7	43%	3	7	43%
18 Sérgio Neto	17	3	28	40	70%	6	11	18. LUS 1 - 4 PSC	11	13	85%	4	6	67%
19 Paulo Salvador	4	12	15	30	50%	3	4	19. PSC 5 - 0 FC SL	11	16	69%	1	2	50%
20 André Chamusca	17	3	39	54	72%	19	12	20. PSC 3 - 0 FAR	6	8	75%	2	5	40%
21 Mario Rui	0	8	1	1	100%	1	1	21. ALM 0 - 7 PSC	20	25	80%	0	0	
22 Afonso Ribeiro	0	1	1	2	50%		1	22. PSC 7 - 1 IMB	9	26	35%	2	2	100%
23 Francisco Serafim	1	6	5	7	71%	1	4	Total	255	395	65%	32	60	53%
24 Pedro Simões	1	0	0	1	0%		2							
25 André Dias	0	1												
26 Wilson Marques	0	1	0	1	0%									
AutoGolos							3							
Total			255	395	65%	87	104							

Tipo de Ataque / Tipo do Golo			Tipo de Ataque / Tipo do Golo Contra Nos		
Organizado	42	Remate	55	Canto	2
Canto	19	Cabeça	23	Livre	2
Livre	12	R.Longa Distância	11	Penalti	1
Cruzamento	9	Penalti	7	Lançamento	1
Contra-Ataque	8	Livre	5	Erro da Defesa	1
Penalti	7	Autogolo	3	Organizado	1
Erro da Defesa	4		104		8
Autogolo	3				
<b>Total</b>	<b>104</b>				